

Resources for SLAC-owned bicycles

- **Bicycles.** Departments may purchase bicycles for use at SLAC. Check with your supervisor for departmental policy.
- **Safety helmets.** SLAC Stores issues safety helmets for on-site business use only.
- **Repairs.** The Facilities Department repairs SLAC-owned bicycles. Put in a service request by calling ext. 8901, filling out an online service request, or bringing the bike to the service bay on the east side of Building 81.

Need more info?

- For state regulations, see California Department of Motor Vehicles, "Bicycle Rules and Safety", <http://www.dmv.ca.gov/about/bicycle.htm>
- For SLAC policy, contact the SLAC Site Security manager at ext. 2310 or see the *ES&H Manual*, Chapter 13, "Traffic and Vehicular Safety", http://www-group.slac.stanford.edu/esh/hazardous_activities/traffic_vehicular/policies.htm
- For Stanford resources, see "Bicycling at Stanford", http://transportation.stanford.edu/alt_transportation/BikingAtStanford.shtml
- For copies of this brochure, contact the SLAC Site Security manager at ext. 2310



Wear your helmet and obey traffic signs - it's SLAC policy!

Bicycle Safety

It's no accident!



SLAC
NATIONAL ACCELERATOR LABORATORY

Whether riding recreationally, commuting to SLAC, or riding on-site, being safe is especially important for cyclists.

This guide helps you tune up on what you need to know, safety tips, inspection ABCs, and SLAC bicycle resources.

Did you know?

When riding at SLAC you must

- **Wear a properly-fitted Consumer Product Safety Commission (CPSC)-approved bicycle helmet**
- **Obey all traffic signs, especially stop signs**

Keep in mind that cyclists on SLAC and public roads have the same rights and responsibilities as motorists and are subject to the same rules and regulations.

Are you doing everything you can to stay safe on the road? Take a moment to review the following tips.

Be predictable

- Use proper hand signals when turning or changing lanes
- Ride with the traffic flow and ride to the right if you are moving slower than other traffic unless you are turning left, passing someone, or avoiding a hazard
- Ride in a straight line
- Do not ride on a sidewalk; walk the bike when using a crosswalk, and give pedestrians the right of way

Be prepared

- Choose a bike that fits: the seat height should allow you to touch the ground with one foot, leaning slightly, with your other foot on the pedal
- Attach a rear-view mirror to your helmet, glasses, or handlebars to see what's behind you
- Secure anything you are transporting: use a backpack, or basket, or use panniers for heavier loads
- Make sure you have a forward-aiming white light, reflectors, and reflective clothing if you ride at dawn, dusk, or at night
- Make it a habit to inspect your bike before each ride; see inspection ABCs below

Be visible

- Wear bright clothing
- Use your horn, bell, lights and voice as needed
- Establish eye contact with others to make sure you are seen – if the driver does not appear to see you, adjust your activity

Be alert

- Anticipate what others will do and be prepared to respond: look for sudden stops or lane changes
- Look over your shoulder before changing lanes
- Allow extra time to stop when the road is wet and test your brakes often
- Avoid potholes, rocks and debris, ruts and cracks, or any obstacle that may throw you off balance
- Be especially vigilant at intersections and around driveways
- Keep a safe distance from parked cars to avoid running into a door that may open unexpectedly
- Keep your hands on the handlebars: do not use a hand-held cell phone or drink while riding
- Use your hearing to monitor traffic: do not wear headphones or earbuds on both ears
- Stay behind cars near an intersection so that you can react if a driver makes a turn unexpectedly

Inspection ABCs

In addition to any specific safety equipment you might need – such as a lamp and reflectors at night – check these items every time before you ride.



A is for Air

- Squeeze the tires and if they feel low, inflate with a hand pump or stop by the Facilities service bay at Building 81. Keep the pressure at the recommended maximum stamped on the tire.
- Check tires for damage and tread wear

B is for Brakes

- Try the brakes to make sure they grab well and snap back immediately when released

C is for Crank

- Check the crank by rotating the pedals
- Check the headset by turning the handlebars side-to-side
- Make sure that quick-release levers, if any, are tight
- If nothing appears loose, lightly bounce the bike to listen for loose parts
- If that checks out, take a test ride in an area free of traffic
- Check that the wheels are in true